SIPPIN' PRETTY

ROWDY BUT NEVER RUDE, CANUCKS SHOW THEIR SPIRIT AT A CANADIAN PUB IN LONDON. FOR PHOTOGRAPHIC EVIDENCE, SEE THE GALLERY AT METRONEWS.CA STORY, PAGE 3

SASKATOON metro®

Tuesday, August 7, 2012

News worth sharing.

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Olympic soccer heartbreak for province's Parker, Kyle

Semifinal squeaker.
Canada's women's team edged out 4-3 by U.S.

It was heartbreak for Olympic soccer players from Saskatchewan Kaylyn Kyle and Kelly Parker, as the Canadian national team fell 4-3 in a semifinal bout with the United States in Manchester on Monday.

Seventh-ranked Canada held the No. 1-ranked team in the world at bay throughout the duration of the contest, thanks to a hat trick from Burnaby, B.C., native Christine Sinclair.

With the match tied 3-3 well into extra time, it looked as if things would be decided by way of a penalty-kick shootout, but American forward Alex Morgan who headed in a goal past Canadian keeper Erin McLeod to clinch the gold-medal-match berth, sending Canada to a bronze-medal showdown with France that will be played on Thursday.

DORIAN GEIGER/METRO

Twitter

Norwegian Olympic soccer official Christiana Pedersen became a trending topic on Twitter following the semifinal bout. Pedersen, who made a questionable call against Canada that led to a U.S. goal, angered soccer fans across the nation.

@dvyas4:
That referee effed up the entire game for #Canada's #women's #soccer team. Great game nonetheless for #Sinclair and the girls.

@osei_showabs:
The ref is on bath salts

@MariamJKBCA:
I'm still so proud of Canada. That ref needs a kick in the face. -.- I hope Japan takes gold and Canada can take a bronze! #Olympics

@ChrissGrennier:
If that ref was a potato, she'd be one of those diseased potatoes that almost wiped out the Irish #ref

United States' Megan Rapinoe prepares to kick the ball near Canada's Christine Sinclair during their semifinal Olympic soccer match in Manchester, England, on Monday. Canada suffered a heartbreaking 4-3 loss in extra time. More Olympics coverage, pages 13-14.

HUSSEIN MALLA/THE ASSOCIATED PRESS

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Caught in current

Bystanders rescue woman from river

At roughly 5:45 p.m. on Sunday, the Saskatoon Police Service received a call that a woman had entered the South Saskatchewan River near the 42nd Street Bridge and been swept away by the current.

Two bystanders fishing nearby saw the woman struggling to stay above water close to shore and rescued her. Paramedics treated the woman at the scene. METRO

Craik

Two dead in vehicle rollover

A 44-year-old woman and a seven-year-old boy are dead after the vehicle they were in rolled over on Highway 11 on Saturday. Craik RCMP responded to the scene, roughly five minutes south of Craik, at 3:15 p.m.

The 44-year-old died as a result of her injuries on Saturday, while the seven-year-old, who was transported to hospital in Regina, died early Sunday morning.

The man driving the vehicle, and a five-year-old female passenger, sustained minor injuries and were taken to hospital in Regina. Highway 11 was closed for about six hours while RCMP investigated. METRO

Marshall

Motorcycle driver dies after collision with pick-up

At about 6 p.m. on Saturday, Lloydminster Rural RCMP responded to a two-vehicle accident on Highway 16 near Marshall, involving a pick-up truck and a motorcycle.

The driver of the motorcycle was taken to hospital and died from his injuries. The driver of the pick-up was not injured.

The accident is currently under RCMP investigation. METRO

Busker brouhaha: Music to fill the streets at Fringe 2013

Theatre festival. Upon reflection, producer says bringing back street artists will add some 'atmosphere'

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The PotashCorp Fringe Theatre Festival has confirmed buskers will be included in next year's festival.

"We had a number of people talk to the organization and I reflected on it, and thought we had some empty asphalt," said Robert Wyma, festival producer, adding that despite a lack of buskers the festival has seen some of its largest street crowds ever.

"Putting music back in is going to add some atmosphere to certain areas of the street," he said. "I think its win-win for both."

However, David Schrader, a spray paint artist, said he was disappointed with the fest's decision to move buskers from in front of the Broadway Theatre.

"It was bad for me this year because we got pushed off the main strip," said Schrader.

Quoted

"It was bad for me this year because we got pushed off the main strip. There's a lot of organizational things they could do to make the buskers, the performers and the crafts people a lot happier and make everything a lot easier."

Spray-paint artist David Schrader

"There's a lot of organizational things they could do to make the buskers, the performers and the crafts people a lot happier and make everything a lot easier."

One individual having a coffee said he felt the performers were an important part of the fest. "They need to allow that kind of thing," said long time Fringe fan, Ken Mcrorie. "If they want to display their local talent — let them."

He continued, "Let the local talent come out … that's what it's about, it's for everyone to have fun and the buskers make a little money — it's good."

David Schrader, a spray-paint artist, says he's disappointed about the Fringe's decision this year to move buskers away from what he says is the festival's main strip. MORGAN MODJESKI/METRO

Mobile news

Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the pole-vaulting world record for his age group.

Jordan Sisco works both his feet and hands at practice Monday. The Riders returned to Taylor Field after a merciful bye week that followed back-to-back fourth-quarter losses. JEFF MACKEY/METRO IN REGINA

Riders sign two new players

The Roughriders had an eventful first day of practice on Monday, after their bye week.

The team announced that it signed two new players, non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

DeAngelis is expected to share responsibilities with current kicker Chris Milo to mesh with head coach Corey Chamblin's philosophy of not overstretching players with multiple roles.

"I agree with coach Chamblin's assessment that if you have one guy focus all his attention on one skill and the other guy focus on the other skill I believe you can be one heck of a team and you can really pick each other up," said DeAngelis after practice.

Quoted

In a bye week "you always get a chance to evaluate the team and take a look at some things."

Head coach Corey Chamblin

The six-foot-three, 304-pound Alford returns to Regina after attending training camp in Regina. Alford spent three seasons in the NFL, including 2008, when he won the Super Bowl with the New York Giants.

In a bye week "you always get a chance to evaluate the team and take a look at some things," said Chamblin. JEFF MACKEY/METRO IN REGINA

From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO

Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag.
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's "pub correspondent" Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palnieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear; Canadian flags hang from the ceiling; and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palnieri said Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food-safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada-U.S. women's soccer game on Monday.

Although general manager Palnieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian-food store that is popular with expats looking for a taste of home.

Kraft Dinner sells for $2.65 at the Canada Shop. LAURA FORTEY/FOR METRO

The shop started as an Australian-food shop and over the years added South African, New Zealand and Canadian items.

"Sometimes I go to the Canadian-food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week. Canadians have been rushing in here last-minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343 g): $17.55
- Lay's chips (40 g): £1.30 ($2)
- Cleary's Maple Syrup (250 mL): £8.15 ($12.70)
- Cans of Molson Canadian: one for $3; six for $16.40; 24 for $58.50.

LAURA FORTEY/FOR METRO

Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO

Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

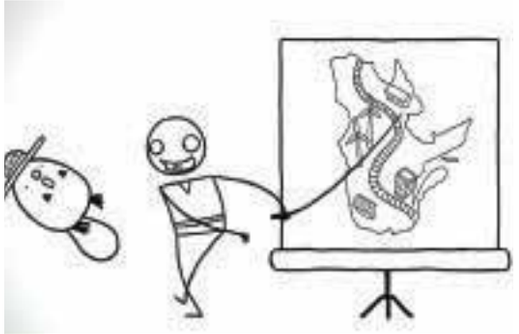
"There are rumours that members of Quebec solidaire drape themselves in the Maple Leaf and hold questionable ties to beavers," says the ad's narrator. "In fact, that's not quite the case."

THE CANADIAN PRESS

Quoted

"The Quebec solidaire program is very clear on the fact that it's independentist."

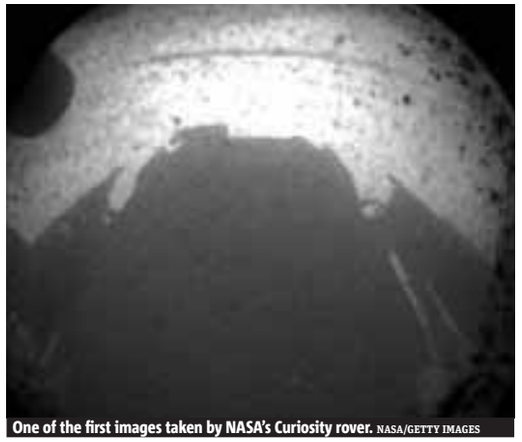
Sound bite from new advertisement



A stick figure kicks a Stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HO

Mars rover sends back first images

Touch down. NASA's seventh landing a success after 'seven minutes of terror'



One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

More images, including video of the landing and beautiful colour shots of Mars, will follow in days to come. It will be weeks before Curiosity starts digging into the red planet's past.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space indicated Curiosity had survived the plunge.

"Touchdown confirmed," said engineer Allen Chen. "We're safe on Mars."

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting $2.5 billion, Curiosity is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

THE ASSOCIATED PRESS

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer important questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday. "What happened to Mars? How come it lost its atmosphere? It's important to find out about that, since both planets, we believe, were similar."

Curiosity's built-in Ontario Alpha particle X-Ray Spectrometer (APXS), attached to a robotic arm, will play a key role in collecting data, Desjardins said.

When the arm points the APXS to a rock or soil sample, the instrument can detect what it is made of, he said.

"We're doing it to learn about Mars and what it went through, because Mars is a similar planet to Earth," Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

Suspected Sikh shooter ID'd as neo-Nazi, former soldier

The gunman who killed six people inside a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

Wade Michael Page

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9-mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

The New York-based Sikh Coalition has reported more than 700 incidents in the U.S. since the Sept. 11, 2001, terrorist attacks, which advocates blame on anti-Islamic sentiment. Sikhs are not Muslims, but their long beards and turbans often cause them to be mistaken for Muslims, advocates say.

U.S. President Barack Obama told reporters Monday that Americans would "recoil" at the violence if ethnicity were a factor. "We are all one people and we look after one another," he said.

THE ASSOCIATED PRESS

People console each other Monday near the Sikh Temple of Wisconsin where a gunman shot at people during a service in Oak Creek, Wis. Six people were killed. DARREN HAUCK/GETTY IMAGES

Quoted

"We never thought this could happen to our community. We never did anything wrong to anyone."

Devendar Nagra, brother of woman who narrowly escaped the shooter

Syria

Aide describes PM's defection

Syria's prime minister began planning his break from the regime two months ago when Bashar Assad told him to take the job or die.

The full scope of Riad Hijab's carefully executed flight to the rebel side — described by an aide — reverberated Monday through Syria's leadership. Hijab is the highest-ranking official to defect.

THE ASSOCIATED PRESS

Japan

Videos document nuclear crisis

The command centre at Japan's stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, "This is serious! This is serious!" videos taken during last year's post-quake crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

THE ASSOCIATED PRESS

CSIS

Group tasked with torture questions

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

The Information Sharing Evaluation Committee also helps CSIS decide whether to send information to foreign agencies in cases where it might lead to mistreatment.

THE CANADIAN PRESS

New Zealand

Volcano erupts, flights cancelled

A volcano erupted on New Zealand's North Island, Monday, spreading a layer of thick ash for several kilometres and causing nearby residents to evacuate their homes. Some domestic flights were cancelled.

The eruption of ash and rocks lasted about 30 minutes and didn't cause any injuries or damage in the sparsely populated central North Island region, which is a designated national park. THE ASSOCIATED PRESS

Food prices could spike by 4% in 2013

U.S. drought. Economists predict extreme temperatures in the Midwest will affect food production on all levels

A drought-damaged ear of corn in Westfield, Ind., Wednesday.
MICHAEL CONROY/THE ASSOCIATED PRESS

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients.

The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

Analysts also noted last week that food producers from bakery giant George Weston to pop and juice maker Cott Corp. could face higher costs on their key ingredients like flour and sugar. But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

THE CANADIAN PRESS

Settlement. Exotic-wood violation gives Gibson Guitar $600,000 US Blues

Gibson Guitar CEO Henry Juszkiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo.
SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a $300,000 US penalty, forfeit claims to about $262,000 worth of wood seized by federal agents and contribute $50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of endangered wood products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

CEO Henry Juszkiewicz at the time denounced the raids as overzealous federal regulation that threatened American jobs.

The settlement says a Gibson employee learned during a 2008 trip to Madagascar that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

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LIVE FROM LONDON: KEEP CALM AND LINE UP

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

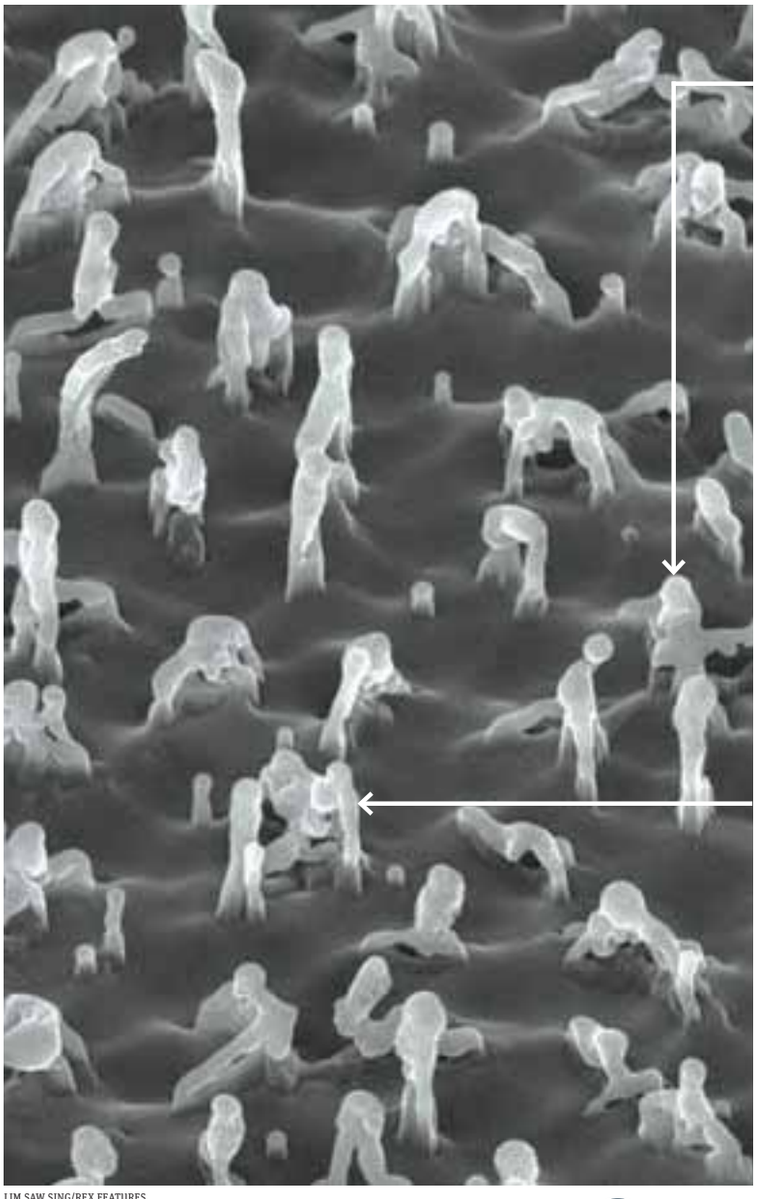
In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on Twitter @MetroSheSays

A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). METRO

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

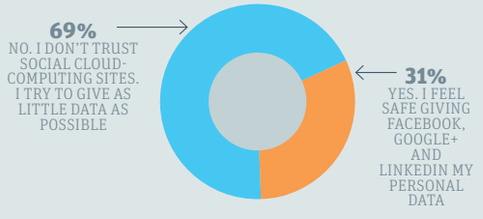
What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Is your data safe in the cloud?


69%
NO. I DON'T TRUST SOCIAL CLOUD-COMPUTING SITES. I TRY TO GIVE AS LITTLE DATA AS POSSIBLE
31%
YES. I FEEL SAFE GIVING FACEBOOK, GOOGLE+ AND LINKEDIN MY PERSONAL DATA

Twitter

@KathrynMorlock: Artists are redoing the Warman Road graffiti wall this long weekend! #yxe Looking good guys!! Loving the colors!

@talk2tr: I love #Sask!! They give us a holiday just for living here! That's all you have to do!! Try it. #skdaylong

@kmiyazaki10: Hoping all my Team Sask football teammates made it home safe! #AlreadyMissYouAll

@Desnomie23: Great visit in Sask! Sooo good to see my kids, family and friends. Back to Alberta...gonna be a longgg month...

@trevsg: Someone asked me what we do in 'taskatchwan' haha #crazyamericans #sask #sk

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DVD reviews

Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

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It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of The Lorax,the eco-themed 1971 tale by Seuss, feels like just another studio cartoon. There's bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthethic suburb where people worship plastic. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige. The enviro message is all to the good, but the characters don't do Seuss justice. **PETER HOWELL**

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

●●●●○

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (One Day in September) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses. **PETER HOWELL**

David Krumholtz and Michael Urie star in the TV series Partners, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life. New sitcoms draw inspiration from their creators' worlds

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' Partners explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, partnered as TV producers.

There's no attempt to hide the lineage of Fox's Ben & Kate. It's the tale of a freewheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's How to Live with Your Parents for the Rest of Your Life finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success continues to live with parents she describes as "charismatic," and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

Sitcoms that smack of autobiography are nothing new. I Love Lucy, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz. **THE ASSOCIATED PRESS**

SCENE

On the web

Wildlife fan Betty White loved The Lorax's environmental message

Prince William able to avoid 'kiss cam' so far

Prince William

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Twitter

@wossy
Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.

@jessicaalba
Got to get showered dressed & out the door family in tow in 20 min - GO!

@TheRealRoseanne
i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!

@AlbertBrooks
To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fighting words from Elton John

THE WORD
Monica Weymouth
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We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.

Macaulay Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

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You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata discovered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)
- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.
- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

Best Health

Know your family tree of health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1:
Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2:
Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:

Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they don't really want to have the conversation — persevere. If your parents are no longer alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

Tip #4:
Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

On the Web

Study describes genetic events that lead to malignant childhood brain cancers

Lasagna gets all rolled up

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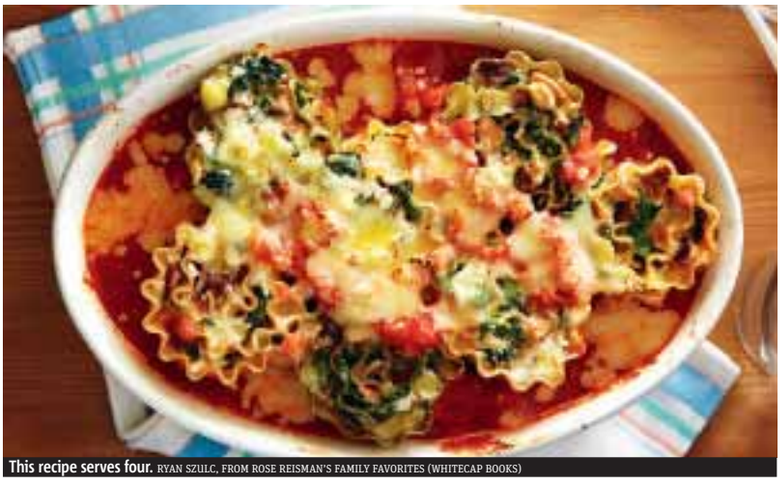

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.

2. Bring pot of water to boil. Add lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4 cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese

Health Solutions

Four steps to theme park food survival

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Theme park season is upon us and in just one careless day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

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Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

Mushroom and Cheese Toasties. These bites take 15 minutes to make

1. Heat the oil in a large frying pan, add the mushrooms and cook over a high heat for 4-5 minutes or until the mushrooms are golden brown. Remove from the heat and season to taste with salt and pepper.

2. Preheat the grill. Place the muffins, cut side up, on the grill rack and toast on both sides. Place cut side up and spread some of the tomato chutney on each muffin. Top with the mushrooms and a sprinkling of cheese.

3. Cook the muffins under the hot grill for 1-2 minutes until golden brown and the cheese is bubbling. Serve hot.

NEWS CANADA/ MUSHROOMS.CA

Ingredients

- 1 tbsp vegetable oil
- 250 g closed cup mushrooms, sliced
- Salt and freshly ground black pepper
- 2 wholemeal muffins, split
- 4 heaped tsp tomato chutney
- 50 g mature cheddar cheese, grated

Walrus Tusks: Evolution in afternoon snacking

Getting your little ones to eat and enjoy mushrooms can be harder than it sounds. With this fabulous burrito style treat, your kids will be asking for "more mushrooms, please".

1. On cutting board stack 2 mushrooms slices one on top of the other; with sharp knife slice crosswise into narrow short strips; repeat with remaining mushrooms; set aside. With sharp knife cut onion in half on cutting board, place flat side down and cut in both directions to coarsely chop.

2. Add 1 tbsp (15 ml) oil to skillet and place on burner; turn to medium high heat. Add ground chicken and with large spoon stir while cooking (about 3 minutes) to break up into small pieces. Stir in onion and mushrooms; crush garlic into pan and continue cooking and stirring until lightly browned, about 5 minutes. Stir in beans with sauce, tomato sauce, 1 tbsp (15 ml) chili powder, and cumin.

3. Lower heat to medium-low and cook stirring occasionally 8 - 10 minutes or until very thick. Taste and add more chili powder if desired. Set aside.

This recipe serves six. NEWS CANADA

4. Preheat oven to 400 F (220 C). On cutting board cut cheese into 30 cubes.

5. Lay tortillas on counter; spoon 1/2 cup (125 ml) filling on to the bottom third of each tortilla, leaving a 1-inch (2.5 cm) border; arrange 5 cubes of cheese on top each one. Fold the bottom of tortilla over filling and fold the sides in to seal filling. Roll up tightly from bottom to enclose completely.

6. Using pastry brush lightly coat baking pan with 1 tsp (5 ml) oil and place rolled tortillas, seam side down on the pan. Brush remaining oil on tops and sides of filled tortillas.

7. Place baking pan in middle of oven; bake for about 15 minutes or until lightly browned on the bottom. If desired turn on broiler for 2-3 minutes to crisp and brown the tops.

8. Cool 4-5 minutes; mix sour cream and salsa in small serving dish. Using serrated knife cut tortilla rolls in half diagonally. Serve with dipping sauce.

NEWS CANADA

Ingredients

- 8 oz (250 g) pre-sliced fresh mushrooms
- 1 medium onion
- 2 tbsp (25 ml) olive oil
- 8 oz (250 g) lean ground chicken
- 1 clove garlic
- 1 can (7.5 oz/213 ml) tomato sauce
- 1 can (14 oz /398 ml) beans in tomato sauce
- 1-1 1/2 tbsp (15-22 ml) chili powder
- 1/2 tsp (2 ml) cumin powder
- 6 large tortillas
- 1/2 (200 g) block cheddar cheese

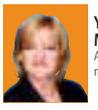
Dipping Sauce

- 1/2 cup (125 ml) low fat sour cream
- 1/2 cup (125 ml) salsa

The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and speculators piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save
Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills
Sweat equity is one of the best ways to get into the real estate market or boost your real estate investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience
Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

Teens schooled on ending their relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

"You don't think about when you see two people walking down the hall, 'Are they in a bad relationship or is it good?"' the 17-year-old Waltham High School senior said.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a $1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the $18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

"In popular media, cheating is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

"The world knows before you do," said Cassie Desrochers, 17, another Waltham High senior.

"A relationship is personal. The whole world shouldn't know about it."

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

They also spoke about fights they'd seen in their schools between students who were in competition for another student's affections, or felt jilted after a relationship ended badly.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

"Now I've got all the information," said West Roxbury High School sophomore Tyler Jones, who's training as a Start Strong peer leader.

"I realize you've got to give your partner space. You don't need to be hugging up on them all day."

THE ASSOCIATED PRESS

SPORTS 4

Fehr says NHLPA close to making counter proposal

NHL. Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS

Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31.
KATHY WILLENS/THE ASSOCIATED PRESS FILE

Canada's Polansky ousted in Toronto

Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from of Thornhill, Ont., as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

Mobile sports

Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

CFL

B.C.'s backup QB plays hero in win over Argonauts

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside.

THE CANADIAN PRESS

Argos quarterback Ricky Ray, left, is sacked by Lions defensive tackle Jabar Westerman on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

MLB

Verlander

Justin Verlander matched a career high with 14 strikeouts and got home-run support from Prince Fielder and Miguel Cabrera, leading the Detroit Tigers over the New York Yankees 7-2 Monday night.

THE ASSOCIATED PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.

Spencer's medal hope takes a knockout blow

Boxing. Three-time world champion loses in quarter-finals to China's Jinzi Li

Canadian boxer Mary Spencer was eliminated from the London Olympics on Monday after dropping a four-round decision to Jinzi Li of China.

The three-time world champion looked solid early but Li connected with a few haymakers in the second round to move into the lead to stay. The bout could have gone either way in the final round, but Li was the aggressor and outscored Spencer 17-14 overall.

"You win some and you lose some," said Spencer's longtime coach Charlie Stewart. "It's just when you lose them that it counts the most."

Li used a swarming, physical strategy against the Canadian, going for regular haymakers with a lot of clutching and grabbing.

"I didn't expect that kind of pressure on me," Spencer said. "I expected more jabbing. But I have to adjust. It's my fault for not adjusting."

Spencer, from Wiarton, Ont., landed a few punches early but rarely used her powerful jab. She seemed rather ordinary in the ring.

"In Olympic boxing if you don't have your hands up, you're giving free points," said Canadian team coach Sylvain Gagnon. "You can't win the fight like that."

Spencer defeated Li in their two previous meetings but never got on track before a near-capacity crowd at ExCel South Arena 2. The Canadian seemed flat and couldn't generate any momentum.

"I don't have an excuse for losing," Spencer said. "We went in there, it was fair and we were both given the same opportunities. She came out the better boxer today."

Spencer had received a first-round bye in the 75-kilogram category. High performance director Daniel Trepanier said her preparation was solid but Spencer was forced to fight a style that worked in Li's favour.

Spencer had been touted as one of Canada's top medal hopefuls earlier this year. However, she lost her opening bout at the world championships last spring and only got into the Olympic draw after she was given a wild-card spot by the IOC's Tripartite Commission.

Li will next meet Russia's Nadezda Torlopova on Wednesday in the semifinals. Kazakhstan's Marina Volnova will face American Claressa Shields in the other semifinal match. The winners will meet for gold Thursday while the losers will each receive a bronze.

THE CANADIAN PRESS

Quoted

"No reason for losing — she just had a phenomenal fight and props to her."

Canadian boxer Mary Spencer on her loss to China's Jinzi Li

Mary Spencer, left, of Canada competes against China's Jinzi Li in the quarter-finals of women's boxing (75 kilograms) on Monday in London, England. SCOTT HEAVEY/GETTY IMAGES

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS

Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

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Tuesday's 3 to watch

1 Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.
Time: 7 a.m.
Channel: TSN

2 Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.
The two-time world omnium champion already won bronze in the women's team pursuit at the Games.
Time: 9 a.m.
Channel: TSN

3 Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, the team will have to get past South Korea in the semifinals.
Time: 10 a.m.
Channel: TSN

THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after returning to competition.

Jessica Zelinka THE CANADIAN PRESS FILE

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and tomorrow, keep it going even more,'" said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97, while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

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Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

Van Koeverden sails through semis

Kayak. Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

Adam van Koeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. THE ASSOCIATED PRESS

It looks like all systems are go for Adam van Koeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking in the field, including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson, a van Koeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medallist in 2008 and gold medallist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeverden. "I just want to race fast."

THE CANADIAN PRESS

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"

Olympic kayaker Adam van Koeverden

Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	**1**	**3**	**6**	**10**
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phylicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1,500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerff, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 5.79 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

Men's 91+kg — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Koeverden, Oakville, Ont., won his semfinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6
At Wembley, England
Japan 2, France 1
At Manchester, England
United States 4, **Canada 3**, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada	1	2	0	0—3
United States	0	3	0	1—4

First Half—1, Canada, C.Sinclair, 22.
Second Half—2, United States, M.Rapinoe, 54. 3, Canada, C.Sinclair, 67. 4, United States, M.Rapinoe, 70. 5, Canada, C.Sinclair, 73. 6, United States, A.Wambach, 80 (PK).
First Extra Time—None.
Second Extra Time—7, United States, A.Morgan, 120+3.
Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.
Red Cards—None.
Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojc, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6
Australia 82, Russia 80
Lithuania 76, Tunisia 63
France 79, Nigeria 73
Britain 90, China 58
Brazil 88, Spain 82
United States 126, Argentina 97

Doping

Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer tested positive for doping and has been removed from the team.

CONI president Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

THE ASSOCIATED PRESS

Bolt unhappy with 'weird' security measures

Jamaica's Usain Bolt celebrates winning the men's 100-metre sprint on Sunday night in London. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight lines?'"

The track star even had trouble bringing his skipping rope past security.

"They said I can't bring it in, and I asked, 'Why?"' Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'

"It's just some weird small rules that don't make any sense to me, personally."

Quoted

"It's just some weird small rules that don't make any sense to me, personally."

Olympic gold medal-winner Usain Bolt on his trouble with Olympic Games security.

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air-force personnel had to be drafted to plug the gaps left by the failure by private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different. Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it."

But there will be an investigation into Bolt's frustrations, which Coe initially tried to claim had been "lost in the translation."

"I will look at this," Coe said. "I am presuming the skipping rope was there as a warm-up aid, so I will, of course, look at that."

Coe pointed out the bureaucracy that baffled Bolt "didn't seem to slow him up too much."

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Horoscopes

♈ Aries
March 21 - April 20
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

♉ Taurus
April 21 - May 21
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

♊ Gemini
May 22 - June 21
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

♋ Cancer
June 22 - July 23
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

♌ Leo
July 24 - Aug. 23
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

♍ Virgo
Aug. 24 - Sept. 23
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

♏ Scorpio
Oct. 24 - Nov. 22
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

♑ Capricorn
Dec. 22 - Jan. 20
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

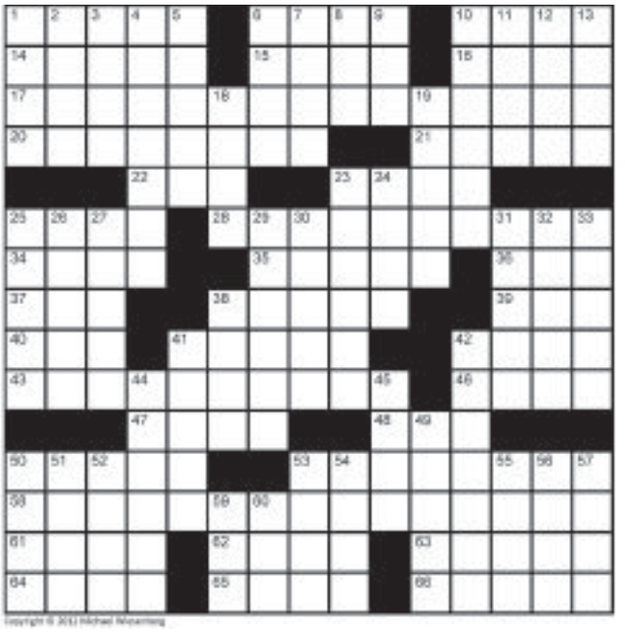
♒ Aquarius
Jan. 21 - Feb. 19
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

♓ Pisces
Feb. 20 - March 20
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG



Across

1. Action words
6. Alta. neighbor
10. Lost seaworthiness
14. Abraham's son
15. Lhasa ___: small dog
16. Bassoon relative
17. Victoria's location (2 wds.)
20. Wrote (a book)
21. List items
22. Any of 43-Across: abbr.
23. "Mmm-hmm" (2 wds.)
25. ___ *La Douce*: 1963 Lemmon-Maclaine film
28. Calgary team
34. Anon
35. Show contempt for, as a contract (2 wds.)
36. Clean the kitchen floor
37. Solo of *Star Wars*
38. Continue without a break (2 wds.)
39. Oriental sash
40. Halloween mo.
41. Pursuits of good reporters
42. "I have ____ good authority" (2 wds.)
43. They form the Alberta-BC border (2 wds.)
46. Aerialist precautions
47. *For Your* ___ *Only*
48. Here: Fr.
50. Barracks boss, briefly
53. Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
61. Has ___ with: is connected (2 wds.)
62. Fast-moving sport jai ___
63. "___ Joe's": diner invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

1. ___ *Las Vegas*: 1964 Elvis movie
2. Biblical Jacob's brother
3. Angry outburst
4. Winnipeg's Randy ___: cofounder of 1970s rock band familiarly called BTO
5. "Get out of here!"
6. Computer menu selection
7. Copied
8. Letters that once designated Soviet republics
9. Goldfish cousin in backyard ponds
10. Flew alone, perhaps for the first time
11. "I've got ___ feeling about this!" (2 wds.)
12. "That's a ___!" (taboo)
13. Sneakers brand
18. Banquet coffeepots
19. At quite an incline
23. "I hate to ___ on you, but ..." (ask a lot of)
24. Created a web or a tale
25. "____ the Sheriff" (2 wds.)
26. Disliked insect
27. ___ Carlo: Monaco's capital
29. Semis
30. "___ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital
45. Comb. form for China, as in ___-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs
57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		6		4	
3	4	9				5	7	6
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6				1	3	8
	7		1		3		2	

Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	6	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

Sharability

easy hard

Under the provisions of ***The Alcohol and Gaming Regulation Act, 1997***

Notice is hereby given that Robert W. Tingey has applied to the Liquor and Gaming Authority for a Restaurant Permit to sell alcohol in premises known as Mardi Gras Grill at 239 Idylwyld Drive S, Saskatoon of which the following is a correct legal description.

Lot 50, Block 16, Plan 00SA15145, Zone B3, 239 Idylwyld Drive South

Written objections to the granting of the permit may be filed with the SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with the SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objections. Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious, or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Authority
Box 5054
Regina, SK
S4P 3M3

metro
WHAT NOT TO WEAR
Available anywhere.
Download the NEW Metro app today.
metro
News worth sharing.